

*Division of Services to the
Deaf and Hard of Hearing*

DSDHH

Monthly Newsletter



IN THIS ISSUE:

SANDERSON CENTER

DIRECTOR'S
MESSAGE

MENTAL HEALTH
AWARENESS MONTH

TINNITUS
PRESENTATION

TRACY AVIARY

LEGAL CLINIC

ST. GEORGE:

CALENDAR

FLOWER POTTING

HIKING ACTIVITY

INTERPRETED
TUACAHN SHOW
TIMES



May 2012 18th Year

**Robert G Sanderson Community Center
of the Deaf and Hard of Hearing**

5709 South 1500 West

Taylorsville, UT 84123-5217



*Marilyn Call
Division Director*

I just read a very interesting article that was published in Harm Reduction Journal 2012, April 2nd.

I want to share highlights of this article because it shares a different view and concern for children with cochlear implants and their access to language fluency. The article is called "Language Acquisition For Deaf Children: Reducing The Harms of Zero Tolerance to the Use of Alternative Approaches." The authors of this article include a long list of language researchers: Tom Humphries, Poorna Koshalnagar, Guarav Mathur, Donna Jo Napoli, Carol Padden, Christian Tahmann and Scott R. Smith.

I will paraphrase parts of the article here, but strongly encourage people to read the full article at <http://www.harmreductionjournal.com/content/9/1/16>

Children learn language without needing to be formally taught as long as they are surrounded by people who communicate with them. Babies' brains are designed to learn language easily. Childrens brains change after age 5 however, so if they have not become fluent in a language by age 5, they may never become fluent in a first language.

Director's Message:

New Research Article Summary: About Language Acquisition-

When Deaf children with implants are denied exposure to sign language

When Children are born deaf, spoken languages are not accessible. Sign language is accessible to all deaf children – yet many deaf children are being raised in a strict-speaking only environment and are not offered sign language until after the age of 5. This article states that in developed countries like the USA, 80% of deaf babies are now implanted.

It is becoming common for the doctors working with the families of implanted deaf children to advise them to keep the child away from sign language. This advice can lead to linguistic deprivation or lack of fluency in any language. Many important cognitive (thinking) skills are based on having a firm first language foundation. Without this it is hard for children to learn reading, math, social skills, and many base memory organizational functions don't evolve. This can lead to multiple problems as deaf adults, such as illiteracy and unemployment.

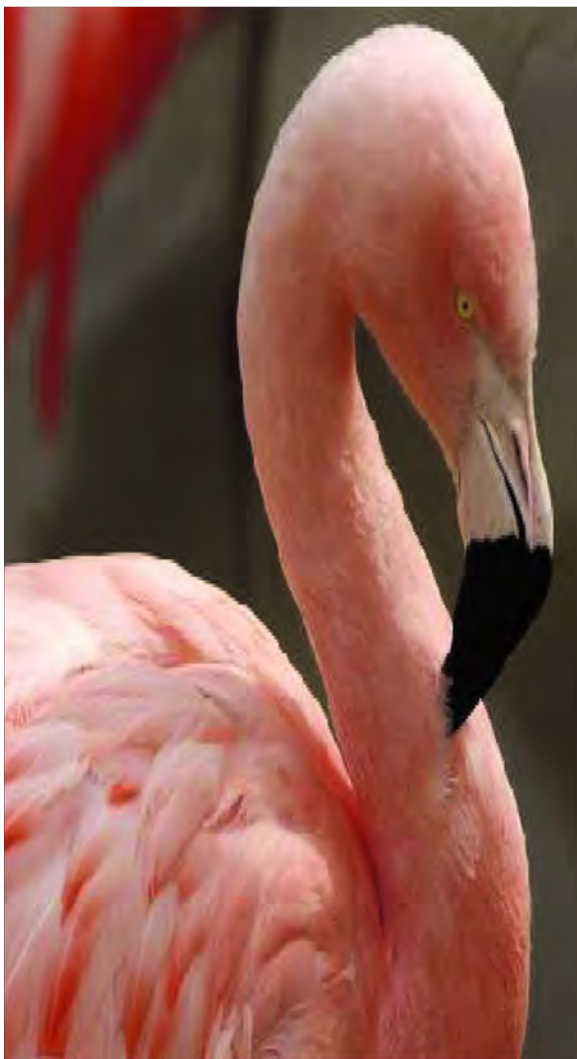
The purpose of this article is not to argue against cochlear implants. The article acknowledges that many studies show the implant has value, that some deaf implanted children are very successful in a spoken language environment. However, studies also show that a significant number of implanted children do not

communicate with ease in a speech only environment even after years of training. Often this training extends beyond the age of 5 without great success.

If the deaf children who are not doing so well are deprived of a visual language approach (using sign language while at the same time promoting English/speech development) before the age of 5, harmful linguistic deprivation is the result. The article lists several well thought out suggestions or remedies to prevent linguistic deprivation.

For the first remedy the authors challenge the medical teams and cochlear implant teams to protect the health of the deaf children by having their basic goal be preventing linguistic deprivation. This can be achieved by directing the family to sign language classes and discussing the importance of such non-spoken language exposure to ensure first language fluency. Then they can also recommend training in spoken language skills for expanded professional social opportunities.

Again, I have paraphrased some of the important points of this article. Go to the web-link for full access. If you would like this article presented in ASL – please email me, mcall@utah.gov



Tracy Aviary!

Thursday
May 10, 2012

NEW Visitor's Center
NEW Observation Tower
Education Center
135 species and 400 birds
One of two largest grounds

Bring your own lunch
to eat at the park
Cooler will be provid-



Admission:

\$7.00 pp
\$6.00 (group of 10 pp)
Seniors, age 65+ \$6.00
\$5.00 (group of 10 pp)
Individuals Pay at the
Door and
Combine with your
Friends for best price



VAN SCHEDULE

Depart from
Center: 11:00
Return to Center: 2:00 pm

Eli McCowan:
emccowan@utah.gov
801-657-5753



Tinnitus

presented by, Jodi Goodenough Hard of Hearing Assistant
for State of Utah Division of Services to the Deaf and Hard of Hearing

May 17, 2012 7-9pm

Presentation will be held at:
Sanderson Community Center of the Deaf and Hard of Hearing
5709 South 1500 West
Taylorsville

Tinnitus: The persistent “Ringing” or “Noise” in your ears. Find out what are the causes and available options to help ease the symptoms of Tinnitus.

Reservations Send an email with your name and contact information to: dsdhhregistration@utah.gov or call the Front Desk at 801-263-4860. The **last day to register is May 11, 2012**. The presentation will be in spoken English. FM assistive listening devices, real-time captioning (CART) and ASL interpreters will be provided. If any other ADA accommodations are needed, request at the time of registration.

MAY IS MENTAL HEALTH AWARENESS MONTH

What is mental health?

Jennifer Shurtleff, MSW Student Intern

Mental health is how your mind, thoughts, and emotions function together. Just like physical health, it is how your organs function together; an example is how your heart runs. Many people have mental health concerns. One out of four people have mental health issues. If you do not have a mental health issue, many of your friends and family members do. You can take steps to improve your mental health and how your mind, thoughts, and emotions function together. With treatment, you can have a great life. You have the power to help yourself any time. It is never too late to start.

If you deal with your mental health issue early, you can reduce the harm and find happiness. Also, it is possible to learn ways to handle the mental health issue. There are no barriers to have a good well-being and a good life.

Where do mental health issues come from and how do I treat it?

There are three main reasons a person develops a mental health issue:

1) A bad event or experience- This can be a bad childhood, a trauma, a divorce, a death of a loved one, rape, sexual abuse, or a struggle at a job. To treat this, you can get counseling. During counseling, you will develop skills to deal with the bad event or experience. With

counseling, you also may take medicine for short term to get through the difficulty situation.

2) Biological (you are born with it)- This is a chemical imbalance in your brain. It is just like diabetes. People who have diabetes were born with it. To treat a biological mental health disorder, you must take medication just like the person with diabetes must take medication.

3) Both: A bad event and biological- To treat both, a person must do counseling and take medicine.

What are the common mental health issues and symptoms?

1) Depression (deep sadness, tired, can't get out of bed, negative thoughts)

2) Anxiety (nervous, scared, panic, phobias)

3) Grief and Loss (deep feelings of sadness)

4) Eating disorders (negative body image, food obsession, anorexia, and bulimia)

5) Addiction or Dependency (illegal drugs, prescription medication, alcohol, pornography)

6) Post Traumatic Stress Disorder (flashbacks, fear, avoidance, sleep disorders)

If counseling is not for me, what can I do?

There are steps you can take

to improve your mental health such as:

1) Sleep- at least 8 hours, wake up at the same time every day; avoid changes in your sleeping patterns

2) Reduce stress- do something fun or enjoyable, find quiet time, take a hot bath, and eliminate negative things in your life

3) Learn relaxation techniques- meditation, mindfulness, and yoga

4) Exercise daily- at least 30 minutes daily

5) Eat and drink healthy- eat good food, avoid fast food restaurants, drink at least 8 glasses of water (64 oz) everyday

6) Find a positive social group- attend positive events, and have fun

7) Read self-help books and work books- do the activities

What will help me during the counseling process?

1) Do all of above tips: Sleep, reduce stress, etc.

2) Identity your goals

3) Try new behaviors and responses to help you achieve your goals

4) Understand yourself better such as your thoughts, feelings, and responses

5) Be as open and honest as possible

6) Do homework

7) Keep a journal of each session, goals, and changes during the week

Do I have a mental health issue?

If you are not sure you have a mental health issue, you can take self tests online. A good website is: <http://www.healthyplace.com/psychological-tests/>. If you do not have a computer, you can check out magazines or books for self tests. By doing self-tests, it will not solve the issues, but it is a starting point to your recovery. You can talk to a licensed counselor and they can do an assessment. Some examples of self tests are: Depression, Anxiety Panic, ADHD, and many more

Questions to ask yourself:

- 1) Am I experiencing a lot of distress? (Negative feelings: shame, anger, sadness, confusion, etc)
- 2) Am I having dangerous thoughts or behavior? (Suicidal thoughts)
- 3) Am I have a hard time doing normal things? (Disturbing your normal daily activities)
- 4) Are other people worried about me?

Where can I find a counselor who signs or is familiar with hearing loss?

There is a list, "Utah Signing Counselors for the Deaf and Hard of Hearing," on our website: www.deafservices.utah.gov. You can go there and find a counselor that fits your needs and start managing your mental health wellness! If you do not have a computer, we can mail you one or you can pick up the list from our front lobby at Sanderson Community Center for the Deaf and Hard of Hearing: 5709 South 1500 West, Taylorsville, Utah 84123. Phone #: 801 657-5200 for VP. Phone #: 801 263 4861 for voice.

Free Legal Advice

Talk private with lawyers from the Utah Legal Services if you have concerns about:

- Employment discrimination
- Social Security issues
- Food stamps
- Medicaid/Medicare
- Landlord/Tenant Issues
- Discrimination
- Divorce
- Custody
- And other issues



**Interpreters will be provided.
Tele-conferencing is available throughout the state!**

When: May 9, 2012 (Every 2nd Wednesday of each month)

Where: Sanderson Community Center of the Deaf and Hard of Hearing, 5709 South 1500 West, Taylorsville, UT 84123

Time: 3:00 PM – 5:00 PM

Appointment is required, please contact Annette Stewart at 801-657-5226 (vp), 801.263.4892 (v) or email at legalclinic@utah.gov.
Any ADA accommodations need to be requested when making an appointment.



SUDHHP

Southern Utah Deaf and Hard of Hearing Program (an extension program of DSDHH in Southern Utah)



MAY 2012

SOUTHERN UTAH DEAF AND HARD OF HEARING PROGRAMS
1067 E. TABERNACLE, SUITE 10 ST GEORGE, UT 84770
(435) 673-8974 VOICE (435) 216-9305 VP
SUDHHPINFO@UTAH.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 SG, Hurricane & Cedar City Area ASL Classes	2 SG Area ASL Classes "I Love You" Flower Pots Class	3 Concepts Classes	4	5 FYI :Ironman Triathlon Deaf Golf Game See flyer
6	7	8 SG, Hurricane & Cedar City Area ASL Classes	9 SG Area ASL Classes FYI: Deaf Party at Desert Hills High School	10 Concepts Classes Photography Group	11 Ice Cream Social at "Iceberg" Drive Inn	12
13 Mother's Day 	14	15 SG & Hurricane Area ASL Classes Cedar City ASL classes end	16 SG Area ASL Classes Cedar City ASL classes end	17 Concepts Classes Cedar City ASL classes end	18	19 Hike : meet at 7am
20	21	22 SG & Hurricane Area ASL Classes end	23 SG Area ASL Classes end	24 Last day of Concepts Classes	25 FYI: Sunset Movie on the Square "Yogi Bear" Cedar City Social at Brad's Food hut	26
27	28 Memorial Day Office Closed	29	30	31	For Statewide activities, checkout www.uad.org For more information on state services www.deafservices.utah.gov Checkout our Facebook page: "Southern Utah Deaf and Hard of Hearing Programs"	

Various Area Classes

St George location: Classes at

SUDHHP Center

ASL 1(Beginners) : Tuesdays 5:30

ASL 2 Wednesdays 5:30 pm

ASL 3 Wednesdays 7:15 pm

Receptive Skills: Tuesdays 5:30

Concepts 1 (Beg) Thursdays: 6:15pm

Concepts 2 (Adv) Thursdays : 4:30 pm

Lip Reading at St George Senior Center

1:00 pm on Wednesdays

Cedar City Location:

ASL 1 (Beginners) : Tuesdays 7:00pm

& Wednesdays 5:00 pm

ASL 2 Wednesdays 7:00 pm

ASL 3 Thursdays 5:00 pm

ASL 4 Thursdays 7:00 pm

Hurricane Library

ASL (continuing) : Tuesdays 5:30 pm

Activities

2nd: "I Love You" Flower pots craft class in ASL by Sharon Olson 3:00 to 4:00pm at Deaf Center

5th: Deaf Golf Game at Sunbrook Golf course. Contact Travis Kayhart fish4trav@gmail.com

9th: FYI: Desert Hills High School ASL Club. "Party with Deaf Community". Contact Elisha Jones at elishamcjones@yahoo.com

10th: Photography Group Meeting 6pm at Deaf Center

11th: Ice Cream Social at Iceberg Drive Inn 6:00 to 8:00 pm

19th: Hike at Kanarrville Spring Creek Trail. Meet at 7am Deaf Center

25th: Cedar City "Brad's Hut" Social 6:00 to 8:00 pm

28th: OFFICE CLOSED DUE TO MEMORIAL DAY HOLIDAY

Remember to always RSVP to reserve your spot at any of the activities. If we receive less than 5 RSVPs, we will cancel the event. Let us know if you need any ADA accommodations when you RSVP. Thank you.



“I Love You” Flower pots

**Presented in ASL by
Sharon Olson**

When : Wednesday

May 2, 2012 (RSVP Deadline - April 27th)

Time: 3:00 pm

Where: Deaf and Hard of Hearing Center

Must RSVP to this class so we know how many we need to have supplies for.
Contact via email SUDHHPinfo@utah.gov.

If you need any ADA accommodations, please let us know at time of RSVP.

Learn how to create these cool flower decorations with just a few simple items. *Please bring your own “Flowers n greenery” and a small pot,*
we will provide the rest!



Southern Utah Deaf and Hard of
Hearing Programs

1067 E. Tabernacle, Suite 10

St George, Utah 84770

(435) 673-8974 v (435) 216-9305 VP





Hiking!

(this is a easy to moderate hike)

When : May 19th, 2012

Where : Spring Creek Trail near Kanarraville, Utah (South of Cedar City)

Time : 7:00 am Meet at the Deaf Center.
Meeting early due to travel time and temperature.

Contact : SUDHHPinfo@utah.gov.

RSVP : 2 days before the hike. If no one RSVP, we will cancel the hike for the month. Please RSVP with your contact information. In case of cancellations.

Bring water and snacks, wear sturdy shoes, and maybe bring a hiking stick if you need one. You know the drill! Sunscreen and hat.

No accommodations will be provided. If you need ADA accommodations, please contact Meredith.

Southern Utah Division of Services to the Deaf and Hard of Hearing
1067 E. Tabernacle, Suite 10 St George, Utah 84770
(435) 673-8974 v/tty (435) 216-9305 vp SUDHHPinfo@utah.gov



Tuacahn Shows 2012 are being Interpreted in ASL and Possibly Captioned.



Thursday June 28th

\$12.00 per person

8:30 pm in your seats. Show starts promptly at 8:45 pm

Deadline for reserving and paying for tickets June 13th

Wednesday August 29th

\$20.00 per person

8:30 pm in your seats. Show starts promptly at 8:45 pm

Deadline for reserving and paying for tickets August 14th

*****SAVE THE DATES***SAVE THE DATES***SAVE THE DATES***SAVE THE DATES*****

Purchase tickets from the Southern Utah Deaf and Hard of Hearing Programs office in St George, Utah.

Contact : SUDHHPinfo@utah.gov or by Video Phone (435) 216-9305 or call (435) 673-8974 voice

When reserving your tickets, please state if : **Deaf** needing ASL interpretation, **Hard of Hearing** needing Captioning, or needing any other ADA accommodations. Also please let us know if you are hearing and willing to sit further back. This is NOT a first come first served seating arrangement. **Seating arrangements will be based on what accommodations you will be needing.** If you have a preference, please let us know. Thanks

NOTE: Restrictions as per Tuacahn Organization. **Children under three are not permitted in the Tuacahn Amphitheatre**

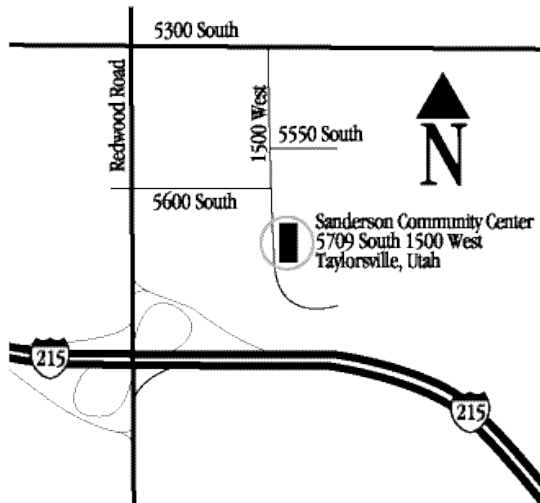
Administration		email address	telephone #
Marilyn Call, Division Director		mcall@utah.gov	801-657-5219 vp, 801-263-4889 v
Edie McCormick, Executive Secretary		emccormick@utah.gov	801-313-6815 v, 801-657-5209 vp
Building Operations			
Jorie Hill, Facility Coordination		jrhill@utah.gov	801-263-4886 v, 801-657-5210 vp
April Trocki, Secretary		atrocki@utah.gov	801-657-5200 vp
Adam Shewell, Building & Grounds Supervisor		ashewell@utah.gov	801-657-5224 vp
Julio Enriquez, Building & Grounds Assist.		jenriquez@utah.gov	801-657-5208 vp
Deaf and Hard of Hearing Programs			
Eli McCowan, Program Manager		emccowan@utah.gov	801-657-5216 vp
Laurie Bishop, Programs Assistant		lauriebishop@utah.gov	801-657-5203 vp
Robin Traveller, Hard of Hearing Specialist		rtraveller@utah.gov	801-263-4879 v, 801-657-5752 vp
Case Management			
Annette Stewart, Counselor		ajstewart@utah.gov	801-263-4892 v, 801-657-5226 vp
Joene Nicolaisen, Counselor		jfnicolaisen@utah.gov	801-313-6814 tty, 801-657-5218 vp
Kimberly Thornsberry, Case Manager		kthornsberry@utah.gov	801-263-4883 tty, 801-657-5227 vp
Outreach and Technology Program			
Mitch Moyers, Program Manager		mmoyers@utah.gov	801-263-4887 v, 801-657-5217 vp
Eduard Santiago, Electronics Specialist		esantiago@utah.gov	801-263-4867 tty, 801-657-5222 vp
Utah Interpreter Program			
Mitch Jensen, Program Manager		mfjensen@utah.gov	801-263-4875 v, 801-657-5214 vp
Stephanie Crosland, Program Assistant		scrosland@utah.gov	801-263-4877 v/tty
Cindy Kummer, Certification Assistant		ckummer@utah.gov	801-263-4874 v/tty
Jennifer Storrer, Interpreter Trainer		jstorrer@utah.gov	801-263-4873 v/tty, 801-657-5213 vp
Trenton Marsh, Interpreter Mentor		tmarsh@utah.gov	801-657-5215 vp
Paul DeGraw, Interpreter Mentor		pdegrow@utah.gov	801-313-6808 v
Clay Anderson, Interpreter Mentor		clayanderson@utah.gov	801 263-4870 v, 801-657-5212 vp
Utah Independent Living Center staff housed at Sanderson Center			
Carole Peck, Peer Support Enhancement		carolpeck@utah.gov	801-657-5220 vp
Vocational Rehabilitation staff housed at Sanderson Center			
Scot Ferre, Voc. Rehab Counselor		sferre@utah.gov	801-657-5221 vp
Karen Osborn, Voc. Rehab Sec (Pt-time)		kosborn@utah.gov	801-263-4893 v/tty
Michelle Draper, Interpreter		mddraper@utah.gov	801-313-6809 v
Southern Utah			
Grant Pemberton, So. Utah Program Director		gpemberton@utah.gov	435-673-8974 v, 435-216-9306 vp
Meredith Winn, Office Manager		meredithwinn@utah.gov	866-216-9305 vp
Peggy Thomson, Hard of Hearing Specialist		pgarrison@utah.gov	435-628-5368 v
Karen Butler, Program Assistant		kbutler@utah.gov	435--673-8974 v, 866-939-3196 vp

CONTACTS

Robert G Sanderson Community Center of the Deaf and Hard of Hearing

5709 South 1500 West
Salt Lake City, Utah 84123-5217

RETURN SERVICE REQUESTED



Map To DSDHH

For information regarding deadlines and submission of
flyers, please contact Edie McCormick
at 801-263-4860 v/vp/tty.

Did You Know?

You can also view this newsletter and
other current information online at:

WWW.DEAFSERVICES.UTAH.GOV

Mission Statement

*To provide opportunities and programs to individuals who are deaf or hard of hearing which
enhance or maintain the skills necessary to fully participate in their employment, family and community.*